

# 50+ Recreation

## April 2018

Our mission is to enrich the lives of our citizens.

ISSUE 4

[www.ColumbusRecParks.com](http://www.ColumbusRecParks.com)

### Creative Arts Event



**2018's event will be held May 9-18.**

**Theme: Life is a Circus**

**The Creative Arts Event is a show of original art and craft work for ages 50 and up.**

*See page 3 & 4 for entry form.*

#### Golden Hobby Shop

**630 S. Third St. in German Village**  
**Columbus, Ohio 43206**  
**Phone 614-645-8329**

**Shop Hours of Operation: Tuesday- Saturday**  
**10 am – 5 pm**  
**Free parking**

Spring is in the air. Stop in and see all of the wonderful and unique gifts the Hobby Shop has to offer.

**Annual 18" Doll Show**  
**Sunday, April 22**  
**1-4 pm**

If you have a child in your life who collects American Girl dolls, this event is for you, your children and grandchildren. Activities include doll style show, raffle, crafts and refreshments. Call for more information. Admission fee applies.

#### April 2018

#### Issue 4

Barnett Community Center	Page 6
COAAA	Page 8
Creative Arts Event	Page 3, 4
Dance Information	Page 2
Dodge Intergenerational	Page 7
Gillie 50+ Center	Page 8
Golden Hobby Shop	Page 1
Gram and Gramp Camp	Page 13
Lazelle Woods Multigenerational	Page 9
Marion Franklin Multigenerational	Page 10
Martin Janis 50+ Center	Page 11
Trip Information	Page 2, 5
Water Exercise	Page 2
Whetstone Multigenerational	Page 12

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## Dance

### Gillie Dance

Line Dance *Beginners* Tuesdays 1 pm  
*Advanced* Tuesdays 2 pm  
*Intermediates* Fridays 10:30 am

Move & Groove Mondays 7:30 pm

### Tap Dance:

*Advanced* Wednesdays 10 am

*Beginning* Wednesdays 10:50 am

Ballet Class Wednesdays 5 pm

### Gillie Wednesday Evening Dance Information

6:30 – 9 pm Admission: \$5

Come early for line a line dance session: 6:30-7 pm.  
 The DJ begins spinning a variety of dance music at 6:30 pm. Refreshments served, dancing until 9 pm.

### Weekly Themes:

April 4 Birthdays and Anniversaries  
 April 11 Poor Man's Shuffle  
 April 18 Earth Day  
 April 25 Spring Fling

### Marion Franklin

### Line Dance (Intermediate)

Mondays, Wednesdays and Fridays 10-11 am

Beginners Wednesdays 11:15 am

Men's Tuesdays and Thursdays 1 pm

Line Dance Workout Tuesday and Thursday 10 am

### Men In Black Rehearsal

Tuesdays and Thursdays 2 pm

### Evening Line Dance

Beginners Tuesdays and Thursdays 5:30-6:30 pm  
 \$20 per person, per session

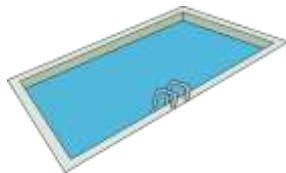
### Urban Ballroom Dancing

Tuesdays 7-8:30 pm \$25 per person, per session

## 50+ Water Exercise

Water aerobics is back in the swim of things. Join us.

Mondays and Wednesdays  
 Columbus Aquatic Center  
 1160 Hunter Ave. 43201



Per visit will be \$2 and a 6 or 7 week pass will be \$20.

Alice is the instructor. For more information, call 645-3129.

## Trips

### Barnett

645-3065

### Ohio Glass Museum

Thursday, April 12 11:30 am Cost \$10

We'll learn about the history and production of glass, as well as experience glass blowing demonstrations. We will stop for lunch on our way. *Lunch is on your own.*

### Library & Lunch

Wednesday, April 25 9:30 am Cost \$5

Join us as we visit the newly renovated main branch of Columbus Metropolitan Library, and then grab lunch at Old Bag of Nails. *Lunch is on your own.*

### Dodge

645-8151

### Friday on the Town

### Spring Street Antique Mall near Hocking Hills

Friday, April 6

9:30 am Cost \$5

Please bring additional money for lunch and if you think you might find a one of a kind item that you simply can't live without.



### Olentangy Indian Caverns near Delaware

Friday, April 13

9:30 am

Cost \$5

Cost is transportation only. Bring \$9.95 the day of the trip for admission into the cavern. Wear comfortable shoes as there will be some walking involved as well as steps. We will be going to lunch afterwards so bring additional money.



### Breakfast and a Movie

Friday, April 20

9:30 am

Cost \$5

Join us we grab breakfast and then go to an early bird movie (movies before 1 pm). Please bring an additional \$5 that day for movie admission plus money for breakfast.

### Metro 5-0 Camp Senior Camp Blacklick Woods

Friday, April 27

9:30 am

Cost \$5

*Cost is for transportation only.*

Join us for a day at senior camp where we will do fishing, bingo, arts and crafts, take a nature hike or a tram ride through Blacklick. Wear comfortable shoes and clothing weather appropriate. Please pack a lunch that day as we will be eating in the lodge.

*Trips continued on page 5.*

# THE CREATIVE ARTS EVENT 66th YEAR

All events take place at **The Martin Janis Center**, 600 E. 11th Avenue, Cols. OH 43211.  
Free Parking and Art Display Admission - Family and Friends Welcome - Open to the Public

**Opening Night!** May 9: Ceremony and Artists Reception, 6 pm, Doors Open at 5:30. All artists invited.  
Presentation of awards, entertainment and reception.

**Line Dance Showcase:** Thursday, May 10, Noon

Line dance acts from Central Ohio including Men in Black from Marion Franklin.

**Dinner Dance Party:** Friday, May 11, doors open at 5:00 pm; Cost: \$18 (includes Dinner and Show)

Featuring Divas Betty Londergan and Cynthia Carr. Registration & Payment deadline: May 9

**Line Dance Workshop featuring instructor Derick Steele:** Saturday, May 12, 9 am-5 pm; Cost: \$35

Includes workshop and lunch. Limited space. Call the Gillie Center to register: 614-645-3106

**Poetry & Writing Expo:** Monday, May 14, 10 am-Noon

Reading of short stories and poetry.

**Central Ohio Area Agency on Aging Hall of Fame Ceremony:** Wednesday, May 16, 1 pm

Central Ohio outstanding volunteers are recognized.

**Variety Show:** Thursday, May 17, 1 pm

Acts from local performers and Recreation Centers.

**Coffee and Canvas with Mike Phillips:** Thursday, May 17, 10 am; Cost \$10

Hands on Painting Fun! Register & pay by May 14 at Martin Janis Center or the Gillie Center.

**Bill Cohen Concert: "Growing Older, but still alive and kicking":** Friday, May 18, 7 pm

Admission is free, but donation will be collected for the Central Ohio Alzheimer's Association.

## ENTRY INFORMATION

This year's theme is: **Life is a Circus**. Central Ohio area residents Age 50 or over are invited to enter  
**3 items of original artwork, crafts or writing.**

**Entrants should take their entries to the Martin Janis Center at 11<sup>th</sup> Avenue at the Fairgrounds on Wednesday, April 18, between 10 am and 2 pm or on Thursday, April 19, between the hours of 5 and 7 pm. Parking is free and there is no charge to enter your items.**

Any type of two or three dimensional art or craft work made by the entrant after the age of 50 is eligible. Winning entries are chosen by area artists and instructors. Ribbons and plaques are awarded by category. The theme: **Life is a Circus**, is a category for entries in any media. Recycled / repurposed work is a newer category. A pair or group of similar items may be considered as one entry with a limit of two items per person. Painting, photos and other two dimensional entries must be framed with hangers or otherwise ready to display or hang. Quilts and other wall-hangings should also be ready to hang, with casings for dowels or loops attached for hanging.

Writing and poetry entries may include a group of short poems or stories. They should be typed and enclosed in a plastic sleeve or otherwise ready for display or reading.

The event will be open to the public on Wednesday, May 9 and runs through May 18, with special entertainment and programs daily. Admission is free, with a charge for some of the special events.

Family and friends are welcome. Lunch will be served every day from 11:30 am - 12:30 pm.  
For information, please call event co-chair, Linda Jacobs, at the Gillie Center: 614-645-3106 or Mike Phillips, Martin Janis Center: 614-645-5954

**Don't miss taking part in this special annual event!**



*Please bring your completed entry form with your work on April 18 or 19.*

## **66<sup>th</sup> Annual Creative Arts Event**

**The Martin Janis Center May 9 - 18, 2018**

600 E. 11<sup>th</sup> Ave. Columbus OH 43211 phone 614-645-5954

- Fill out this entry form and bring it with you when you enter your work.
- **Intake of work: Wednesday, April 18, 10 am-2 pm or Thursday, April 19, 5-7 pm**
- Martin Janis Center, E. 11<sup>th</sup> Avenue at the Fairgrounds. Limit of 3 **entries** per person, over age 50.
- **Pick up work after the show: Wednesday, May 23 10 am-2 pm or Thursday, May 24, 5-7 pm**
- Call Linda Jacobs at 645-3106 or Mike Phillips at 645-5954 with questions.

**Please bring this receipt with you when you pick up your work on May 23 or 24.**

Name \_\_\_\_\_ Center \_\_\_\_\_

*List and Describe Your Entries:*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## **CREATIVE ARTS EVENT ENTRY FORM**

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City / Zip \_\_\_\_\_

Center you are representing \_\_\_\_\_ F \_\_\_ M \_\_\_ Age \_\_\_\_\_

*Items you are entering: list category, size, colors, etc.*

1. \_\_\_\_\_ Value \_\_\_\_\_ **For Sale?** \_\_\_\_\_

Description/ title: \_\_\_\_\_

2. \_\_\_\_\_ Value \_\_\_\_\_ **For Sale?** \_\_\_\_\_

Description/ title: \_\_\_\_\_

3. \_\_\_\_\_ Value \_\_\_\_\_ **For Sale?** \_\_\_\_\_

Description/ title: \_\_\_\_\_

# Trips

**Gillie**

**645-3106**

**Gillie Trip Policy for 2018:**  
Please call 645-3106.

**Mystery Lunch**

**Friday, April 13**

**Cost \$7**

**Registration begins Friday, April 6.**

**Gillie Senior Center History Tours Present:**

**Agriculture in Ohio – Slate Run Farm**

**Wednesday, April 18 10:30 am-5 pm Cost \$20**

We will examine the long agricultural past by exploring the farms, vast growing fields, museums, produce stands and orchards that represent the reason that agriculture is still the #1 business in the state.

**Registration begins Wednesday, April 4.**

**Broadway Babies: TBA**

**Friday April 20**

Please see front desk for more information.

**The National Underground Railroad**

**Freedom Center Museum**

**Tuesday, June 19 8 am Cost \$30**

Travel back in time with us as we visit Cincinnati and explore a very interesting and important time in American history. We will visit the Underground Railroad Museum and other U.G.R.R. sites with lunch at the Montgomery Boat House. (Lunch will be on your own.)

**Registration begins Thursday, May 31.**

**Marion Franklin**

**645-3612**

**Lake Erie Walleye Head Boat Trip in Port Clinton**

**Monday, June 4**

**Cost \$70**

**Cost includes bait and transportation on Lakefront Bus Lines.**



Departure from the Marion Franklin Community Center is at 4 am promptly. Estimated time of return to Columbus is 5:30 pm. All are welcome to go. Please register at the front desk at the center. For more information please contact

Thomas Glover at 614-777-1077 or the center at 614-645-3612.

**Martin Janis**

**645-5954**

**First Tuesday Tea**

**Tuesday, April 3**

**11:40 am**

**FREE**

Come play with Polymer Clay at MLK Center! Create some adornments with Master Polymer Artist, Debbie Jackson.

**Bowling at HPL Lanes**

**Thursday, April 12**

**10:30 am**

**Cost: \$5 for transport, \$1.50 per person per game,**

**lunch on your own**



We're going to head to the bowling alley for the very first time and see who can bowl a perfect

game.

**Jungle Jim's**

**Thursday, April 19**

**9 am**

**Cost: \$10 for transport, lunch on your own**

Jungle Jim's International Market near Cincinnati has over six acres of food under one roof! It's not a supermarket; it's a zoo-permarket. An international mecca, Jungle Jim's offers thousands of imported and national brand groceries: 12,000 wines, 1,200 beers, 1,600 cheeses, 1,000 kinds of hot sauce, one full acre of produce (including organic and international). If it's edible, you'll find it here. Jungle Jim's is truly a Food Lover's Paradise!

**Metro Parks Senior Camp**

**Thursday, April 26**

**9:30 am**

**Free**

Let's spend a day at a METRO PARK and enjoy nature! You can fish, take a tram ride, and take a nature walk or some arts and crafts.

**Whetstone**

**645-3217**

**Taft Art Museum**

**Wednesday, April 11**

**9 am**

**Cost \$17**

The Whetstone Cruising Cougars will head to Cincinnati. Please call and ask for Maria or Mike so you can your seat for this great trip. 614-645-3217.

**Multigenerational Fridays**

Join the kids in the game room from 2-4:45 pm every Friday for special activities and tournaments suited for those of all ages.

April 13 8 Ball  
April 20 Wii Bowling  
April 27 Pickleball

**Beginner Line Dancing & Aerobics**

**Mon & Wed 10:30 am-noon**

Join Trent Clark and dance the morning away as he breaks down the moves step by step.

**Stay Young, Stay Fit**

**Mon/Wed/Fri 9-10 am**

An hour of stretching, cardio and weight training for a total body workout designed with modifications for all levels.

**Open Pickleball**

**Mondays 3-5 pm**  
**Thursdays 1:30-3 pm**

**Open Basketball**

**Tuesdays and Thursdays 10 am-Noon**

**BINGO**

**Wednesdays 1 pm**

**Quick Fix Circuit Training**

**Thursdays 11-11:45 am**

A fast paced total body workout for those looking for a higher intensity challenge.

**Scrapbooking/Card Making**

**Thursdays 9-10:30 am**

**5K Challenge**

**Fridays 10-11 am**

A class for all levels! We will gradually increase our walking and jogging distances to reach that 3 mile mark.

**Spring Session**

Stay Young, Stay Fit	<i>Mon, Wed &amp; Fri</i>	<i>9 am</i>
Walking Club	<i>Mon &amp; Wed</i>	<i>10 am</i>
Beginner Line Dance & Aerobics	<i>Mon &amp; Wed</i>	<i>10:30 am</i>
Bid Whist	<i>Mon &amp; Wed</i>	<i>Noon</i>
Chair Volleyball	<i>Mondays</i>	<i>1 pm</i>
Colorful Mosaics	<i>Tuesdays</i>	<i>9 am</i>
Intro to Weightlifting	<i>Tuesdays</i>	<i>2 pm</i>
Spin	<i>Tues &amp; Thurs</i>	<i>12:30 pm</i>
Wii Bowling	<i>Wednesdays</i>	<i>3 pm</i>
Scrapbooking/Card Making	<i>Thursdays</i>	<i>9 am</i>
Quick Fix Circuit Training	<i>Thursdays</i>	<i>11 am</i>
5K Challenge	<i>Fridays</i>	<i>10 am</i>
Balance Boost	<i>Fridays</i>	<i>11 am</i>
Cards & Coffee	<i>Fridays</i>	<i>1 pm</i>

***\*\*If there are any 50+ classes or special events you would like to see offered at Barnett, please let us know. We are always looking for new ideas!\****

***See page 2 for Barnett trips.***

**Celebrate April**

**April 2<sup>nd</sup>** National Peanut Butter and Jelly Day

**April 3<sup>rd</sup>** National Find a Rainbow Day

**April 4<sup>th</sup>** National Walking Day

**April 8<sup>th</sup>** National Zoo Lovers Day

**April 9<sup>th</sup>** National Former Prisoner of War Recognition Day

**April 10<sup>th</sup>** National Siblings Day

**April 11<sup>th</sup>** National Eight Track Tape Day

**April 13<sup>th</sup>** National Scrabble Day  
National Blame Someone Else Day

**April 16<sup>th</sup>** National Orchid Day

**April 20<sup>th</sup>** National Pineapple Upside Down Cake Day

**April 21<sup>st</sup>** National Chocolate Covered Cashews Day

**April 22<sup>nd</sup>** National Earth Day  
National Jelly Bean Day

**April 23<sup>rd</sup>** National Take a Chance Day

**April 26<sup>th</sup>** National Audubon Day  
National Pretzel Day

**April 27<sup>th</sup>** National Arbor Day

**April 29<sup>th</sup>** National Pet Parents Day

**April 30<sup>th</sup>** National Adopt a Shelter Pet Day



**Dodge Morning Walking Club**

***Mondays, Wednesdays and Thursdays***

Join Mrs. Holly on morning walks along the river's Scioto Mile, weather permitting, if not, we will walk around the gym or short trail. Bundle up and bring a travel mug to fill up with coffee or tea before we venture out!

**8:15-9 am**



**Chair Volleyball**

***Mondays and Thursdays 1 pm***

Come on out and join us for some chair volleyball two times a week. It's great exercise and everyone loves a little competition!

**Dodge Chorus**

***Tuesdays 1 pm***

We are always looking for new members so if you would like to sing with our Chorus. Please join us.



**Crochet Class**

***Wednesdays 1-3 pm***

**We are looking for new members.** All types of needle work are welcome to join - whether it is knitting, macramé, canvas needle work, latch hook, rug making or needle point, etc. Come visit us to join our group.

**Dodge Diet Club**

***Wednesdays 3 pm***

Need some support maintaining, or motivation to start a healthy diet or healthy eating in 2018?

**Interested in eating Healthy?**

***Thursday, April 19 12:30 pm***

Lisa Gibson returns with this month's topic: "Are you drinking your food dollars and breaking down barriers?"

**AARP Tax Assistance**

***Thursdays and Fridays thru April 6 9 am-2 pm***

Call today to see if appointments are still available.  
614-645-3176.

**Classes for Spring**

<b><i>Walking Club</i></b>	<b><i>Mon, Weds &amp; Thurs 8:15 am</i></b>
<b><i>Warm up cardio</i></b>	<b><i>Mon &amp; Weds 8:30 am</i></b>
<b><i>Beading</i></b>	<b><i>Mondays 9:00 am</i></b>
<b><i>Senior Fitness</i></b>	<b><i>Mon &amp; Weds 9:30 am</i></b>
<b><i>Painting</i></b>	<b><i>Mondays 10:30 am</i></b>
<b><i>You Sew Fine</i></b>	<b><i>Mondays 1:30 pm</i></b>
<b><i>Indoor Cycling</i></b>	<b><i>Mon, Tues, Weds &amp; Thurs 9:15 am</i></b>
<b><i>Beach Volleyball</i></b>	<b><i>Tues &amp; Thurs 9:00 am</i></b>
<b><i>PickleBall</i></b>	<b><i>Tues &amp; Thurs 9:45 am</i></b>
<b><i>Quilting</i></b>	<b><i>Tuesdays 9:00 am</i></b>
<b><i>Chorus</i></b>	<b><i>Tuesdays 1:00 pm</i></b>
<b><i>Chair Fitness</i></b>	<b><i>Tues &amp; Weds 11:00 am</i></b>
<b><i>Euchre</i></b>	<b><i>Tuesdays 12:00 pm</i></b>
<b><i>Aerobics w/Margie</i></b>	<b><i>Tuesdays 11:30 am</i></b>
<b><i>Art Journaling</i></b>	<b><i>Tuesdays 1:00 pm</i></b>
<b><i>Ceramics</i></b>	<b><i>Tues &amp; Fri 1:00 pm</i></b>
<b><i>50+ Sewing</i></b>	<b><i>Tuesdays 1:30 pm</i></b>
<b><i>Line Dance</i></b>	<b><i>Wednesdays 10:00 am</i></b>
<b><i>Senior Abs</i></b>	<b><i>Wednesdays 11:30 am</i></b>
<b><i>Service Circle</i></b>	<b><i>Wednesdays 9:00 am</i></b>
<b><i>Crochet</i></b>	<b><i>Wednesdays 1:00 pm</i></b>
<b><i>Dodge Diet Club</i></b>	<b><i>Wednesdays 3:00 pm</i></b>
<b><i>Bingo</i></b>	<b><i>Thursdays 11:00 am</i></b>
<b><i>Chair Volleyball</i></b>	<b><i>Mon &amp; Thurs 1:00 pm</i></b>
<b><i>50+ Alterations</i></b>	<b><i>Fridays 1:00 pm</i></b>
<b><i>Coffee Conversations</i></b>	<b><i>Fridays 9 am-12 pm</i></b>

**The Creative Arts Event will be held May 9-18.**

**This year's theme is "Life is A Circus."**

If you are interested in submitting art work, unable to take it to Martin Janis and a Dodge participant, please bring it along with completed entry form to Holly Wetmore-Kemeter by the end of April. This is a great event for creatives ages 50 and up. Not limited to painting and drawing! All different types of media can be submitted including writing, sewing, scrapbooking, jewelry making and sculpture along with many others.

**New Activity!****Gillie Walking Group****Tuesdays, Beginning April 3 9:30 am**

Gillie is teaming up with The Columbus Running Company and LifeCare Alliance Dietitian, Leonor Button to start a walking group.

We will meet at Woodward Park tennis courts to begin our walking sessions. Come and join us for some fresh air, good company and exercise!

**Veteran's Group****Friday, April 6 1 pm**

Calling all members of the Armed forces for a meeting of the brotherhood.

**OSU Extension Service with Lisa Gibson****Friday, April 6 9:30 am**

Topic: *Foods to Decrease and it's Not Just for Breakfast*

**Open Mic "Poetry Jam"****Saturday, April 7 2-5pm**

Join us as we celebrate the creative mind with this "Open Mic" program. Come share your original poetry and writings for us to enjoy. Light refreshment will follow. **Please call 645-3106 to register.**

**BINGO****Mondays, April 9 & 23 1 pm****Eat Better, Feel Better****Tuesday, April 10 11 am**

LifeCare Alliance Dietitian Leonor Button, RD presents: *What is your metabolism?*

**Alzheimer's Association****Tuesday, April 10**

~Support Group 12:30 pm Everyone is invited.

~Private Consultations 1:30-4 pm for yourself or a caregiver; by appointment (457-6003).

**Senior Recreation Council Meeting****Wednesday, April 11 1 pm****Underground Railroad Study Group****2<sup>nd</sup> and 4<sup>th</sup> Thursdays 1pm**

We study the role of Ohio and other states during this very interesting time in American History. We then travel to different sites around the state and visit the places we've studied.

**Columbus Speech & Hearing****Thursday, April 19 10 am-3:30 pm**

To schedule an appointment, call 261-5452.

**Quilting Workshop****Saturday, April 14 Noon-6 pm Cost \$30**

Join Dorothy Bush, our Thursday Quilting Instructor, who will take you through the steps on how to make a Ruler/Utility bag. If you are interested, please call Dorothy at 614-599-6714 to register.

**Senior Living Truth Series:****All About Downsizing from Seniors Who Know****Thursday, April 19 10-11:30 am**

Every 3rd Thursday of the month New Directions Realty will present "The Senior Living Truth Empowerment Series", (SLTES) The SLTES provides comprehensive information on a variety of topics of interest to seniors and their families.

**Registration Deadline: Wednesday, April 18; please call 614-561-1621**

**Birthdays/Anniversaries****Thursday, April 19 12:15pm**

**Everyone** is invited to celebrate the months of January, February, March and April with our members. **We will also be celebrating a very special 101<sup>st</sup> birthday.**

Please join us for some great fun, prizes and refreshments compliments of our sponsor MediGold.

**Gillie Senior Council Elections**

Voting for the 2018-2020 Council Officers will begin **Wednesday, May 1 to Wednesday, May 9, 2018 at noon.** You can get a ballot at the front desk.

**General Meeting -Gillie Senior Council****Wednesday, May 9 1 pm**

All members are welcomed to attend and we hope you will vote before noon.

**GRAM AND GRAMP CAMP****Monday-Friday, June 4-8 9-4pm**

This is a chance for grandparents and their grandchildren to fun activities together in an outdoor setting. We have fun with fishing, canoeing, art & crafts, archery, swimming and special programs. **Cost is \$120 resident/\$130 non-resident for one grandparent and one grandchild.** Registration forms at the front desk.

**Save the Date****2018 LiveWell Expo****Thursday, May 24<sup>th</sup>****10am – 2:30pm*****Come LiveWell with us!***



Lazelle Woods Intergenerational Center

Anna Marie Brown, Center Manager

Hours: Mon.-Fri.: 8 am-9 pm

8140 Sancus Blvd., 43081

645-5330

**Monday**

Fitness Fuzion	9:30-10:30am	\$20
Fitness Fuzion bundle 3x per week		\$40

**Tuesday**

Aiki Ju Jitsu and Aikido	6:30-8:30pm	\$35
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**Wednesday**

Fitness Fuzion	9:30-10:30am	\$20
Get Moving	10-10:45am	
	Free with fitness pass	

Body Shop Workout	5-5:45pm	\$49
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LaBlast Dance Fitness	5:30-6:30 pm	\$35
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Yoga	6:30-7:30pm	\$35
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**Thursday**

Get Moving	1-1:45pm	
	Free with fitness pass	

Fundamentals of Watercolor	6-9pm	\$89
Piano Level 1	8-8:30pm	\$25 + \$3 Mtls.

**Friday**

Fitness Fuzion	9:30-10:30am	\$20
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Pottery with Phyllis	12-2pm	\$20
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**Saturday**

Beginner Guitar Class (must provide own guitar)	9:15-9:45am	\$60
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Hatha Yoga	10-11:00am	\$50
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Taiji for Balance	11 – 12:00pm	\$20
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**Check with center or website for complete listing of classes.**

**COAAA Central Ohio Area Agency on Aging**

**3776 S. High St., 43207**

**614-645-7250**

**Do You Have a Guide On.....?**

Did you know the Central Ohio Area Agency on Aging produces an extensive list of guides on subjects of interest to older adults and their families? They are kept up to date and have both narrative sections and lists of providers and programs in Central Ohio. All of the guides listed below can be downloaded from the website at [www.coaaa.org](http://www.coaaa.org) or you can call 614-645-7250 to request a hard copy be mailed to you.

First of all, there is the **Central Ohio Older Adult Resource Guide** which is an extensive booklet listing programs and services for older adults and their families throughout the entire Central Ohio area. Second there is a booklet of advice and suggestions called **The Caregiver Toolbox** which has chapters on Care in the Home, Preventing Caregiver Burnout and Common Family Dynamics among others. Then there are 10 smaller, topical guides which are as follows:

1. Books, Videos, & Websites for Family Caregivers
2. Central Ohio Housing & Home Repair Guide
3. Central Ohio Long Term Care & Hospice Guide
4. Central Ohio Moving and Transition Guide
5. Central Ohio Prescription Guide
6. Central Ohio Private Homecare Guide
7. Central Ohio Respite Guide
8. Central Ohio Support Group Guide
9. Central Ohio Transportation Guide
10. Central Ohio Utility Guide

**Marion Franklin Dining Center**

**Lunch: Tuesday-Thursday 11 am-1 pm**

LifeCare Alliance...Nourishing the Human Spirit

Congratulations to the Black History Jeopardy participants!

**Nadine Lewis, Joseph McKelvey, Larry Miller and Darryl Green** travelled to Barnett Recreation Center along with over 25 of their adoring Marion Franklin Community Center fans to compete in the 2018 Black History Challenge.

**Bankers Life/Humana Information Session**

**Monday, April 9 9:30-11:30 am**

**Specialty Spring Craft- Sand Art**

**Monday, April 9 Noon**

Bring your special small glass vase or bottle and we will supply the colorful sand for a beautiful piece of spring art in a glass. Lunch will be provided for \$5.

**Book Club Social & Discussion (Center Library)**

**Wednesday, April 11 1:30 pm**

**Book:** The Twelve Tribes of Hattie

**Author:** Ayana Mathis

**Canvas & Wine**

**Friday, June 8 Noon Cost \$40**

**Deadline to Register: June 4**

Come out and enjoy an afternoon social of instructional painting and fun. Take-home 16x20 canvas, paint, food, music and wine (non-alcoholic) included in the cost. If you are a beginner don't worry a fun and qualified teacher will be available to help and give you plenty of guidance to assure you leave with a completed canvas. The event will be hosted by The pARTy Studio. Must register to attend. Please call the center for more information. *Date is subject to change.*

**AARP Tax Program**

**Hours: 9 am-3 pm Deadline: April 16**

Tax Assistance will be available Mondays and Wednesdays. Call the center to make an appointment.

**Senior Council Meeting**

**Monday, April 23 2 pm**

**BINGO 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays 1-3 pm**

**Pokeno Wednesdays 1-3 pm**

**Scrapbooking & Snacks Fridays Noon**

**50+ Basketball Mon/Wed/Fri 10 am-noon**

**CareSource Information Session**

**Monday, April 24 10 am-Noon Free**

**Colorectal Cancer Awareness Presentation**

**Monday, April 16 11:15 am**

Facilitator: **Jacquelin Holland, R.N., WHNP-BC-E, Program Manager**

**Screen to Save Program sponsored by The James**

Purpose: To educate the community regarding signs, symptoms, screening modalities and the fact that it can be prevented! Everyone will complete a written pre-test to determine their current knowledge, a brief PowerPoint presentation on colorectal cancer and post-test. The program is geared toward 50-74 year olds but others may attend. The entire session will take about one hour. Must register at the front desk to attend. Light snacks will be served.

**Minority Health and Wellness Fair**

**Monday, April 30 9 am-2 pm**

The Health and Wellness Fair 2018 is presented by the **Marion Franklin Black Studies Group** and Lifecare Alliance. Join us as we celebrate Minority Health Month with interactive presentations and demonstrations. Exhibitors, Vendors, African Dance, Line Dance, Urban Gardening, Tai Chi, Reflexology, Massage Therapy, Diabetes Screenings and more. All are welcome. For more information, call the center.

**Men In Black Fish Fry**

**Monday, April 30 11:30 am-3 pm Cost \$10**

**Deadline to purchase tickets: April 26**

Tickets available at Marion Franklin Center.

**Marion Franklin Dance Recital & Open House**

**Friday, May 11 6-8pm Cost \$5 (for dinner)**

Join us as we celebrate our annual showcase: **"The Many Colors of Spring"**. Come prepared to enjoy a delightful evening of entertainment and excitement. All our classes have worked hard this season and are prepared to give you a wonderful show. Tickets are available at the front desk. *For more information contact Butch or Crystal.*

**Health & Wellness Information**

**Nurse Barbara Parker, Lifecare Alliance Wellness Center** Office: 645-7173 Voicemail: 437-2927

**Free Hearing Services**

Call Rachel at 261-5452 for more information or to schedule an appointment.

**Lifecare Alliance Eat Better, Feel Better! Every third Friday of the month 11am-12pm**

*Classes are Free/No Registration Required*



### **Last call for tax assistance!**

Don't forget about the AARP free tax assistance program here at Martin Janis. Tax professionals are here Mondays from 9 – 2 pm. Arrive early: first come, first served. April 16th is the final day.

### **Tea Luncheon and Fashion Show “Women on the Move”**

**Saturday, April 7                      2-5 pm**

***Tickets: \$15 in advance***

Martin Janis, along with the Red Hat Society Chapter, is holding an afternoon Tea Luncheon and Fashion Show which will include vendors, entertainment and prizes. Sign up and purchase tickets at the front desk. Call for details, 614-645-5954.

### **Cookbook Entries**

Don't forget to drop off your recipes at the front desk for inclusion in the “Cooks of Martin Janis” cookbook that we are compiling for sale later this year in order to make funds for the center. We are hoping to make this a comprehensive work that will represent all of the great cooks of the center and show off all of our talents. Drop off your recipes (typed or legibly written) at the front desk and see Jack or Celia if you have any questions. Let's make this a publishing “event!”

### **Martin Janis Senior Council Meeting**

**Wednesday, April 25                      10 am**

### **Coffee Club**

**Wednesdays                      9 am**

Come and join the engaging conversation. New friends always welcome!

### **“Breakfast for Lunch”**

**Wednesday, April 4                      11:30 am**

Come in and enjoy the wonderful breakfast specials our talented kitchen staff serves every month.

### **Lunch served**

**Monday-Friday                      11:30 am-12:30 pm**

**GREGG'S HEALTH CORNER:** Eat For Better Health. According to the National Center for Health Promotion and Disease Prevention, healthy eating starts with fresh, canned, or frozen fiber-rich vegetables and fruits. Aim for 5-9 servings per day, 5 cups total split between fruits and vegetables. Avoid added sugars, syrups, salt, butter or cream sauces. Select from different vegetable groups, i.e. dark green (broccoli, spinach), orange (carrot, tomato), legumes (kidney, pinto), starchy (potato, corn), and others (beets, artichokes, cabbage). Starchy vegetables contain more calories, so eat less. Eat 3 ounces or more of whole grain cereals, breads, crackers, rice, or pasta. Whole grain should be the first ingredient listed. Eat less than one teaspoon of salt per day and choose food with little added salt. Eat 3 cups per day of fat-free or low-fat milk or milk products such as yogurt or soft white (cottage cheese). Choose lean meats and poultry. Choose cuts labeled **Choice** or **Select** and avoid **Prime** cuts which have more fats. Choose a minimum of 8 ounces of seafood each week such as salmon, tuna, trout, and tilapia, and shellfish such as shrimp, crab and oysters. Next month we'll have more nutrition information.

### **Coming in April!**

- Tired of paying too much for greeting cards? Make your own cards using a unique method employing melted crayons. Our talented volunteer artist, Robbie Hay, will be teaching this technique so you can make your own beautiful cards “Creative Me” classes will be held on Friday afternoons (tentatively).
- Join Pat Burke and discover the art of card making and catalog your memories with creative scrapbooking. Learn how to embellish your history artfully, as a keepsake.

### **The Creative Arts Event**

**May 9-18**

Calling All Artists! The Creative Arts Event is just around the corner. The theme for the 2018 event is: “Life is a Circus.” Never too early to start working on your entries; let your creativity take flight. For more information contact Mike Phillips at 614-645-5954 or Linda Jacobs at Gillie, at 614-645-3106.

*\*Participants must present payment upon registration for all activities with fees.\**



**Cards and Board Games**

***Mondays 1:30-3:30 pm; Free; Community Room***

**Bid Euchre (6, 7 or 8 handed can be played)**

Everyone is welcome!

***Tuesdays; 12:30-3 pm; Free; Community Room***

**Progressive Bridge**

***Thursdays; 12:30-3:30 pm; Free; Community Room***

**Progressive Regular Euchre: \$2 per person**

***Thursdays & Fridays; Noon-3 pm; Dance Room***

(Have fun and win grocery prizes!)

**Captain's Table**

***Mondays 11:30 am-1 pm \$5***

Come join us on Mondays for the best lunch deal around. Come inside out of the cold for a delicious bowl of hot soup. Bring your appetite and \$5; and we'll see you every Monday.

***Contact the center with any questions.***



**Open Pickle Ball**

***Mondays, Tuesdays & Fridays***

***10 am-12:30 pm Beginner/ Intermediate***

***12:30-3:30 pm Advanced***

***Mondays, Wednesdays & Fridays***

***6:15-8 pm All Levels***

***Cost \$10 for 10 week session***

What is Pickle Ball? It's a popular game that looks like a cross between regular tennis and table tennis; and a fun way to get exercise.

**International Folk Dancing**

***Mondays 7-8:45 pm***

***Free Dance Room***

Come and join The Whetstone Folk Dancers for International Folk Dancing! Learn about dances from different countries and you don't even need to bring a partner. It's "No fault folk dancing."

***Contact the center with any questions.***



**Classes**

Classes are offered at the Whetstone Community Center for adults of all ages. We offer a wide variety of opportunities for 50+ participants including:

**Wii Bowling**

***Tuesdays 10:30am-Noon Free***

Everyone comes at this time.

**The Body Shop Workout**

***Tues./Thurs. 3:45 pm, 4:45 pm & 5:45 pm \$10 for 1 class pass, \$70 for 10 class pass, \$97.50 for 15 class pass, \$120 for 20 class pass, \$150 for 30 class pass***

**Woodcarving**

***Meets every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday 6 pm Free***

Bring your own supplies.

**Wood Chippers**

***Wednesdays 9 am-Noon Free***

Bring your own supplies

**Open Walking- Gym**

***M, T, Th, & F 8-9:15am Free***

**Fearless Falling (Adult Safety Skills)**

***Fridays 11 am-noon or noon-1 pm***

***\$30 for nine-week session***

**Gentle Yoga**

***Wednesdays 10-11am or 7:15-8:15pm \$50 each***

**Chair Aerobics**

***Tuesdays and Thursdays 9:15-10 am Free***

**Beginning Tai' Chi (nine week Session)**

***Thursdays 6-7 pm \$42***

See Center Class Schedule for complete class listing. **Schedules are available in hardcopy at the front counter** & can also be downloaded from either of our websites at [www.columbusrecparks.com](http://www.columbusrecparks.com) or [www.whetstonepark.org](http://www.whetstonepark.org). Most of our activities are available for registration online. Register online at: <https://apm.activecommunities.com/columbusrecparks>





# 2018 Gram and Gramp Camp Let's Plant A Rainbow

June 4-8

Mon-Thurs: 9AM-4PM, Fri: 9AM-2PM

Located at the McKnight Outdoor Education Center

3200 Indian Village Road, Columbus 43221

Contact: Monique Mapp at 614.645.3106

or Scott Sheets at 614.645.7575 for more information.

A unique opportunity for Grandparents to spend quality time with their Grandchildren exploring life experiences together in a nature camp environment. Activities will include fishing, swimming, hiking, boating, archery, crafting, creeking, and much more! Substitute activities may be available for our more strenuous programs.

Lunch provided each day, or you can bring your own if you have special dietary needs.

Come discover how the generations can have fun learning and playing together.

**Price listed is for one Grandparent of any age and one Grandchild age 8-14.**

**Mail with payment to: Gillie Recreation Center (Gram/Gramp Camp), 2100 Morse Rd,  
Columbus, OH 43229**

## Grandparent Information

Grandparent

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone

Number: \_\_\_\_\_

Email

Address: \_\_\_\_\_

Grandchild's Full

Name: \_\_\_\_\_

## Grandchild Information

Grandchild

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_ Phone

Number: \_\_\_\_\_

Parent/Guardian

Name: \_\_\_\_\_

Grandparent's Full

Name: \_\_\_\_\_

Cost: \$120 for Residents/\$130 for Non-Residents

\$15/\$20 per child per day for extra

Grandchildren

Only two Grandchildren per Grandparent



THE CITY OF  
**COLUMBUS**  
ANDREW J. GINTHER, MAYOR

RECREATION AND PARKS  
DEPARTMENT

COLUMBUS RECREATION AND PARKS DEPT  
1111 EAST BROAD STREET, SUITE 103  
COLUMBUS, OH 43205

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**Gramp and Gramp Camp**  
**June 4-8**  
**See page 13 for more information.**

**Creative Arts Event: May 9-18**  
**See page 3 and 4 for more information.**



**Happy  
Spring!**